

**Torrance Community Services Department**  
**YOUNG SENIORS NEWSLETTER**

VOLUME XXXVII - NUMBER 6

JUNE 2010



# New Tours for Summer!

*MUSEUM of NEON ART*  
*L. A. NEON LIGHTS TOUR*



*DISNEY MUSIC HALL*



*LAS VEGAS ODYSSEY*

*Look inside for more information!*



City of Torrance Community Services Department • RECREATION DIVISION  
3031 Torrance Blvd., Torrance, CA 90503 • 310-320-5918 • [www.Recreation.TorranceCA.Gov](http://www.Recreation.TorranceCA.Gov)  
**"Creating and Enriching Community through People, Programs and Partnerships"**



# TORRANCE TRAVELERS

**New Tours!**

***On the go again!***

Please join us for the following SUMMER 2010 excursions designed for those 50 years of age and over:

Thursday, July 29, 2010

***MUSEUM of NEON ART & CITY NEON LIGHTS TOUR***

Dinner at *Canter's Delicatessen and Restaurant*

**\$108 per person**

Torrance resident

**\$128 per person**

Non-Resident

Sunday, August 8, 2010 ~ ***DISNEY MUSIC HALL***

*Frank, Tony, & The Maestro* ~ Lunch at *San Antonio Winery*

**\$104 per person**

Torrance resident

**\$124 per person**

Non-resident

September 13-15, 2010 ~ ***LAS VEGAS ODYSSEY***

With 2 nights at the *Golden Nugget Hotel & Casino*

**\$163 per person twin**

**\$183 per person single**

Torrance resident

**\$223 per person twin**

**\$243 per person single**

Non-resident

Register for SUMMER 2010 excursions on:

**Friday, June 4, 2010**

**9 a.m. to 11 a.m.**

**Ken Miller Recreation Center**

**3341 Torrance Boulevard in Torrance**

**(Near Madrona & Torrance Blvd. behind the Torrance Plunge)**

**Torrance Resident registration begins at 9 a.m.**

**Non-Resident registration begins at 10 a.m.**

For openings after June 4, 2010 or for cancellations,  
please call our Tour Information line at 310-618-2468.

***Torrance Travelers***

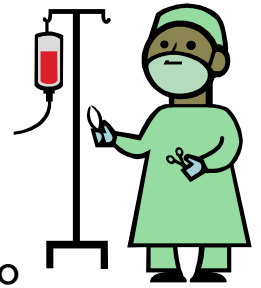


***On the go again!***

**Fun Fridays and the Young at Heart Theatre Group Presents:**

**M \* A \* S \* H \* E \* D**

**4077th Unit**



Join the 4077th unit of M \* A \* S \* H \* E \* D as they attempt to perform their own talent show when the USO show gets lost!

The line up includes Private Klinger, Colonel Peter Potter, Roselyn Radar, Chef Wolfgang Green, Dr. Oops-Keforkian, Major Frank Burnz-Out, Marilyn Monroe Doctrine, and many more!

Luncheon Menu:

**Meatloaf, M\*A\*S\*H\*E\*D Potatoes & Gravy,  
Peas & Carrots, Dinner Roll, and 38th Parallel Dessert**

Friday, June 18, 2010 at 11:30 a.m.

\$8 per person

Ken Miller Recreation Center ~ 3341 Torrance Blvd., Torrance



***Don't miss this fabulous show!***

***Tickets are on sale now at Bartlett Center!***

**Torrance Travelers**

***On the go again!***

For tour openings, more information, or to add your name to our mailing list, please call our Tour Information line at 310-618-2468.

### **Travelin' News**

Our trip on April 22nd was another successful and fun adventure. Despite a late start due to construction on Crenshaw, we arrived at the Arboretum just in time for the 10 a.m. tour. Our guests enjoyed the tram tour and the beauty of the garden in Spring, especially the geese and peacocks along the way. Following a filling and tasty lunch at Buca di Beppo, we got an early start to the Norton Simon Museum. Sculptures by Rodin lined the entry way and masterpieces by Degas, Monet, Manet, Rembrandt, Picasso, Renoir, and more graced the walls. A quick shower passed as we boarded the bus for home and we had such light traffic that we arrived back in Torrance well before the expected time. Participants said, "That tour was great!" "I've lived here all my life and didn't know these gardens existed. They are beautiful!" "We had lots of fun. Thank you for your enthusiasm!"

WOW, what an incredible show! On April 28, the *Torrance Travelers* ventured to see the *Fabulous Palm Springs Follies – Let the Good Times Roll!*. The *Follies* are celebrating their 19<sup>th</sup> season featuring good-time music of the 40's, 50's and 60's, from Big Bands and Swing to Doo-Wop, Motown, and Pop. The multitalented performers sang, danced and even did cartwheels. What's remarkable is that the performers range in age from 56 years to 86 years young. The headliner was legendary talent, "Dreamgirl" Mary Wilson, formerly with the Supremes. The seniors raved about the tour, "I haven't laughed so much in 50 years. That was fantastic! Excellent meal and excellent show."

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**Sold Out!**

## SANTA BARBARA SUNSET

**Wednesday, June 16, 2010**

**Fee: \$95 per person**

**LEAVES FROM WILSON PARK at 8:30 a.m.**

**RETURNS at approximately 8:30 p.m.**

All the ingredients of the fabled California lifestyle come together in Santa Barbara. The city has a colorful history, distinctive architecture, a glorious climate, and friendly people; we'll experience it all on this fun tour! We'll spend the morning traveling to Santa Barbara via deluxe motorcoach. Upon arrival, we'll head down to historic *Stearns Wharf*, the oldest operating wharf on the west coast. We'll have lunch on the wharf at *Moby Dick's Restaurant*, where we'll have our choice of a Turkey Sandwich w/ French Fries; a Sourdough Bread Bowl filled with Clam Chowder; Chef Salad; B.L.T Sandwich w/ Fruit Cup; Fish & Chips; a Garden Burger w/ French Fries; or a Chicken Caesar Salad. All entrees include Apple Pie and coffee or iced tea. After lunch we'll be joined by a local guide as we set out to explore Santa Barbara. Nicknamed the *American Riviera*, this scenic seaside city bears a strong resemblance to the Greek Isles and Spain's Costa del Sol. Rich in history and unparalleled beauty, Santa Barbara is truly a sight to see. Highlights include the *Moreton Bay Fig Tree*, and the *County Courthouse* with its sunken gardens, hand painted ceilings, and murals adorning the walls. We'll also drive past *Mission Santa Barbara*, known as the *Queen of Missions* for its graceful beauty. We'll have some free time to stroll down *State Street* where we'll discover galleries, boutiques, souvenirs shops, and so much more. As the sun begins to fade into the Pacific, we'll climb board Amtrak to relax during our sunset ride home. We'll travel through sleepy beach communities and watch surfers catching one last wave as we make our way home.



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## NEON LOS ANGELES

**Thursday, July 29, 2010**

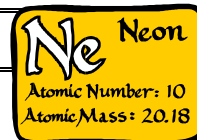
**Torrance resident Fee: \$108 per person**

**LEAVES FROM WILSON PARK at 5:30 p.m.**

**Non-resident Fee: \$128 per person**

**RETURNS at approximately 11:30 p.m.**

Join us for a nighttime bus tour of neon signs, movie marquees and permanent installations of neon art throughout downtown and Hollywood. Developed by The Museum of Neon Art (MONA) in 1985, the narrated tour points out prime examples of local neon's aesthetic dimensions . . . placing them firmly in the context of the culture and history of Los Angeles. Before we visit MONA, we'll head over to Canter's Delicatessen and Restaurant on Fairfax, a family run business that started in Jersey City, New Jersey in 1924 and has been a Los Angeles landmark since 1931. Canter's is one of the few delicatessens in the United States that pickles their own pickles fresh in-house every morning. Their bakery goods are baked fresh twice daily on the premises and their potato salad, cole slaw, egg salad, and turkey salad are freshly prepared in house every day. After dinner, it's over to MONA for a tour of the museum and a wine and cheese reception. Then we'll board a double-decker tour bus for a neon tour of Los Angeles and Hollywood.



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## "FRANK, TONY, & THE MAESTRO" at the DISNEY CONCERT HALL

**Sunday, August 8, 2010**

**Torrance resident Fee: \$104 per person**

**LEAVES FROM WILSON PARK at 10:15 a.m.**

**Non-resident Fee: \$124 per person**

**RETURNS at approximately 5:30 p.m.**

Spend a Sunday afternoon with Friends and the California Philharmonic Orchestra! Designed by architect Frank Gehry, Walt Disney Concert Hall is designed to be one of the most acoustically sophisticated concert halls in the world, providing both visual and aural intimacy for an unparalleled musical experience. We'll enjoy a concert performed by the California Philharmonic Orchestra. Only a glimmer in the eye of Maestro Victor Vener a few twelve years ago, the Orchestra has grown up to take its rightful place as a leader and innovator in the cultural landscape of Los Angeles County. Timeless music performed by world-renowned musicians deftly led with a passion and energy unique to Maestro Victor Vener is the delightful fare that awaits you at each concert. For lunch we'll visit the *Maddalena Restaurant* located inside the heart of *San Antonio Winery*. We'll dine among century-old redwood aging casks in Maddalena's unique, gourmet trattoria. Lunch includes each guest's choice of entrée, dessert, and beverage. What a splendid way to spend a summer day!



## LAS VEGAS ODYSSEY



September 13, 14, & 15, 2010

LEAVES FROM WILSON PARK on 9/13/10 at 8 a.m

RETURNS on 9/15/10 at approximately 6 p.m.

Torrance resident Fee: \$163 per person twin  
\$183 per person single

Non-resident Fee: \$223 per person twin  
\$243 per person single

Pack your bags and come with us on this fun, new *Las Vegas Odyssey* tour! We'll visit some of the most exciting new hotels and attractions the city has to offer! On this new adventure we'll visit the *Wynn* and *Encore* resorts, *Red Rock Resort*, the new *Palazzo*, and the spectacular "*M*" *Resort*. Tour includes a two night stay at the *Golden Nugget Hotel & Casino*, a welcome beverage and a buffet breakfast at the *Golden Nugget*.

## CENTERS

### HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310-329-1889

Tuesday, Wednesday, and Thursday 9 a.m. to 4 p.m.

|           |                        |  |
|-----------|------------------------|--|
| TUESDAY   | 9 a.m. - 4 p.m.        | BRIDGE AND TABLE GAMES   |
|           | 9:30 a.m. - 11:30 a.m. | CRAFTS WORKSHOP  |
| WEDNESDAY | 9 a.m. - 4 p.m.        | PINOCHLE AND TABLE GAMES   |
|           | 9:30 a.m.              | GENTLE FITNESS AND CHAIR DANCING   |
|           | 12:30 p.m.             | MOVIE MATINEE - First Wednesday of the month   |
| THURSDAY  | 9 a.m. - 4 p.m.        | CENTER IS OPEN   |
|           | 9:30 a.m. - 10:30 a.m. | DANCERCISE with Richard Simmons video  |
|           | 12:30 p.m. - 3 p.m.    | BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1. |



**TILLIM MOVIE MATINEE! Join us for movies at Tillim Center**

**First Wednesday of Each Month at 12:30 p.m.**

**FEATURED FILM FOR JUNE 2, 2010**

***Hotel for Dogs***

Rated PG-13 for mild thematic elements, language, and some crude humor.

**FEATURING: Emma Roberts, Jake T. Austin, & Don Cheadle**

Movie for July: *The Brothers Bloom*

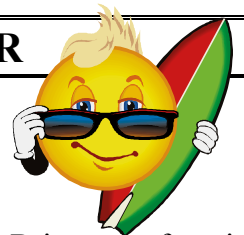
### WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310-378-3862

**MONDAY 12 noon to 4 p.m. \* Table Games and Pinochle \***

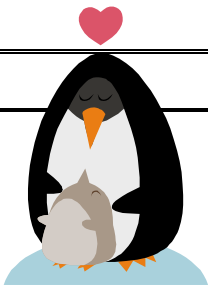
**THURSDAY 12 noon to 4 p.m. \* Table Games and Bridge \***

**Coffee & cookies always just 30¢!**



Join us on Mondays and Thursdays for Pinochle and meet our friendly group of card players! Bring your favorite board game and let's play! How about a hand of Bridge? We have a great Thursday Bridge group and we're always looking for new players to join us! If you're interested, come on down!





## FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.  
(Near Madrona & Torrance Blvd., behind the Torrance Plunge)

Fridays only \* Coffee, tea, and cookies 25¢ all day

**Chair Exercise** \* 8:15 a.m. - 9:45 a.m. **Fee: \$25/Semester**

\* Gentle stretching and low-impact movement will be done while seated and standing

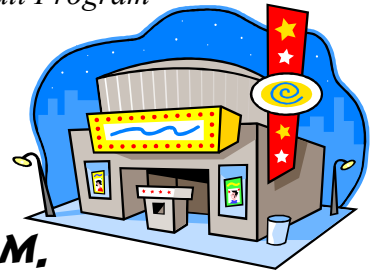
\* Restore & maintain joint range of motion \* Toning & firming to improve flexibility and cardiovascular health

**Yoga** \* 1:15 p.m. - 2:45 p.m. **Fee: \$25/Semester**

Yoga brings together the mind, body, and much more – anyone can do it!

Basic postures and relaxation techniques will be covered. Please bring your own mat.

*Classes are offered in cooperation with Torrance Adult School Older Adult Program  
and the City of Torrance Community Services Department.*



## THURSDAY & SATURDAY MATINEES!

### FREE MOVIES & POPCORN

**BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.**

**June 3 & 5**

### *Easy Virtue*

Rated **PG-13** for sexual content, brief partial nudity, and smoking throughout.

Jessica Biel,  
Kristin Scott Thomas,  
& Colin Firth

**June 10 & 12**

### *Hotel for Dogs*

Rated **PG** for mild thematic elements, language, and some crude humor.

Emma Roberts,  
Jake T. Austin,  
& Don Cheadle

**June 17 & 19**

### *Run, Fat Boy, Run*

Rated **PG-13** for some rude and sexual humor, nudity, language, and smoking.

Thandie Newton,  
Simon Pegg,  
& Hank Azzria

**June 24 & 26**

### *What Happens in Vegas*

Rated **PG-13** for some sexual and crude content, and language, including a drug reference.

Cameron Diaz,  
Ashton Kutcher,  
& Queen Latifah

**July 1 & 3**

### *My Life in Ruins*

Rated **PG-13** for sexual content.

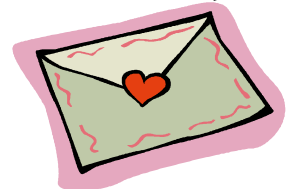
Nia Vardalos,  
Richard Dreyfuss,  
& Rachel Dratch

**SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12 NOON!**

## Torrance Loving Care "TLC" Tuesdays Tillim Senior Center!

**First Tuesdays ~ 9:30 a.m. - 11:30 a.m.**

Join this new, monthly crafts workshop on the first Tuesday of each month and create greeting cards for patients in the Veterans Hospital. It's a great way to express our appreciation for our men and women who have served our country. Mary's cards were sent to the Los Angeles Children's Hospital.



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## BARTLETT SENIOR CITIZENS CENTER

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1318 Cravens Avenue 310-320-5918

**HOURS: MONDAY through SATURDAY - 8 a.m. to 4 p.m. SUNDAY - 12:30 p.m. to 4 p.m.**

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

**Card Games, Table Games, and Pool playing all day, everyday, plus the following scheduled activities:**

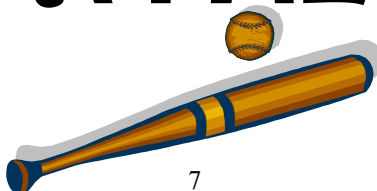
|   |                      |  |                           |
|---|----------------------|--|---------------------------|
| <b>MONDAY</b>   | 8:05 a.m.-9:35 a.m.  | “Fitness Difference for Seniors”<br>Co-Sponsored by Torrance Older Adult Program | <b>Fee: \$25/Semester</b> |
|  | 9 a.m.-11 a.m.       | Knitting & Crocheting Workshop   |                           |
|   | 9 a.m.-12 noon       | Wire Wrapping Workshop - first & third Mondays of each month                     |                           |
|   | 9:30 a.m.-12:30 p.m. | Lapidary Workshop  |                           |
|   | 2 p.m.-3:30 p.m.     | Senior Exercise<br>Co-Sponsored by Torrance Older Adult Program                  | <b>Fee: \$25/Semester</b> |
| <b>TUESDAY</b>  | 8:05 a.m.-9:35 a.m.  | Low Impact Aerobics<br>Co-Sponsored by Torrance Older Adult Program              | <b>Fee: \$25/Semester</b> |
| <b>WEDNESDAY</b>  | 9 a.m.-12 noon       | Shuffleboard   |                           |
|   | 8:05 a.m.-9:35 a.m.  | “Fitness Difference for Seniors”<br>Co-Sponsored by Torrance Older Adult Program | <b>Fee: \$25/Semester</b> |
|   | 9 a.m.-3 p.m.        | Beadwork Workshop  |                           |
|   | 2 p.m.-3:30 p.m.     | Senior Exercise<br>Co-Sponsored by Torrance Older Adult Program                  | <b>Fee: \$25/Semester</b> |
|   |                      |  |                           |
| <b>THURSDAY</b>   | 8:05 a.m.-9:35 a.m.  | Low Impact Aerobics<br>Co-Sponsored by Torrance Older Adult Program              | <b>Fee: \$25/Semester</b> |
|   | 9 a.m.-12 noon       | Shuffleboard   |                           |
|   | 9 a.m.               | Ceramics Workshop  |                           |
|   | 9:30 a.m.-12:30 p.m. | Lapidary Workshop  |                           |
|   | 12:30 p.m.           | Thursday Afternoon at the Movies   |                           |
| <b>FRIDAY</b>   | 8:05 a.m.-9:35 a.m.  | “Fitness Difference for Seniors”<br>Co-Sponsored by Torrance Older Adult Program | <b>Fee: \$25/Semester</b> |
|   | 9:30 a.m.-11:30 a.m. | Crafts Workshop  |                           |
|   | 12:30 p.m.-2:30 p.m. | Seniors Open Discussion Group  |                           |
|   | 9 a.m.-12 noon       | Shuffleboard   |                           |
|   | 9 a.m.               | Bridge and assorted table games are played                                       |                           |
| <b>SATURDAY</b>   | 9:30 a.m.            | “The Swinging, Singing Seniors” Newcomers WELCOME!                               |                           |
|   | 9:30 a.m.-11 a.m.    | South Bay Strummers Ukulele Group  |                           |
|   | 12:30 p.m.           | Saturday Afternoon at the Movies   |                           |
|   | 12:30 p.m.-4 p.m.    | Bartlett Center is Open! Drop on in!   |                           |
| <b>SUNDAY</b>   |                      |  |                           |

**Special Notes:** Legal Advice is available by appointment on the third Tuesday of the month at 1:30 p.m.

HICAP (Health Insurance Counseling & Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the third Wednesday of each month.

Please call 310-320-5918 to make an appointment.

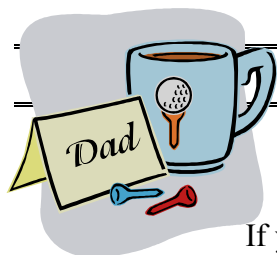
# HAPPY FATHER'S DAY!



# GENTLE FITNESS

*GENTLE FITNESS* uses STRETCHING, SELF-MASSAGE, EXERCISE, AND BREATHING TECHNIQUES THAT ARE EASY, NATURAL, AND THERAPEUTIC. IT'S GREAT FOR STRENGTH, FLEXIBILITY, AND BALANCE. CHAIR DANCING GIVES YOU A FULL BODY WORKOUT AS YOU MOVE TO THE BEAT OF THE CHARLESTON, THE TWIST, AND MUCH MORE! IT WILL HELP LIFT YOUR SPIRITS AND IT JUST FEELS GOOD!

**WEDNESDAYS AT 9:30 a.m.**  
**TILLIM SENIOR CITIZENS CENTER**  
**3614 W. ARTESIA BLVD. IN TORRANCE**  
**310-329-1889**



## SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive - 310-543-1583 - 9 holes

Meets Every FRIDAY from 8:30 a.m. to 11 a.m.

Upcoming general meetings are June 4 and July 2, 2010

If you are a senior and would enjoy getting out for a morning of "pitch & putt" competition and good fellowship, come on out and see what we have to offer!

The April Tournament was the "Orange Ball" held on Friday, April 30, 2010. Twenty-four members played in teams of three. An orange ball rotated between the three team members with that player's score plus the better of the other two to count. Two-thirds of the combined handicaps were then deducted to reach the final results which were VERY close!

### Results of the "Orange Ball Tournament"

|                   |   |
|-------------------|---|
| First @ 100.7 net | Ron Caruso, John Holzman, & Don Sturges |
| Second @ 101 net  | George Brown, Mike Anson, & Ceci Graham |
| Third @ 101.3 net | Gary Matske, Gino Aveni, & Bob Moore    |
| Fourth @ 102 net  | Dave Baird, Ray Felice, & Grace Kobel   |

### **FOCAL POINT PROGRAM**

The Torrance Focal Point Program provides free information and referral, and links seniors with appropriate services. One goal of the Focal Point Program is to help decrease the frustration of making numerous phone calls or trips to find the right information.

*Focal Point is open Monday through Friday from 9 a.m. to 3 p.m.*

**For more information, call 310-320-1300 or 310-320-5918.**



*If we knew what it was we were doing, it would not be called research, would it?*

**~Albert Einstein**